



Dec. 2021

Damascus 55+ Senior Center

**9701 MAIN STREET, DAMASCUS, MD 20872
240-777-6995**

ANNOUNCEMENTS

The Center will be CLOSED on Dec. 24 and 31. We will be OPEN Dec. 27-30 with limited programs.

SPECIAL EVENTS

Visit the Damascus Heritage Museum: Wed., Dec. 1, 11:00 am

Join us to walk across the parking lot and visit the new exhibit at the Damascus Heritage Museum.

Birthday Celebration: Thurs., Dec. 2, 1:00 pm

Let's celebrate December birthdays with cake and games. Sponsored by the Lion's Club.

Holiday Show and Feast: Wed., Dec. 15, 12:00 pm

Let's celebrate the season with a performance by the Timeless Tappers followed by another special meal from Tom & Rays. Space is limited to 50 guests. Reservations are required.

Piano Tunes with Gwen: Fri., Dec. 17, 1:00 pm

Gwen will entertain us with music!

Holiday Sing-a-Long: Tues., Dec. 21, 1:00 pm

Join the Caldwell Family Band for some holiday cheer!

Monthly Chat with the Director: Wed., Dec. 22, 1:00 pm

Bring your ideas for special programs in 2022!

And much more!

Check out the inside and calendar!

DAMASCUS SENIOR CENTER HOURS

Monday—Friday

9:00 a.m.—4:00
p.m.

STAFF

Director:
Cathy Richards

Nutrition
Coordinator:
Suzanne Diddle

Special Events
Coordinator:
Lisa Cassarino
Liscinsky

Recreation
Assistant:
Carmen Flores

All staff members are delighted to spend the day with you! Please let us know how we can be of assistance!

INCLEMENT WEATHER

Check inside for our inclement weather policy.

Exercise Room

Billiards Room

Open for your pleasure Monday-Friday, 9:00 am—4:00 pm

Needlecraft Room

Join other needlecrafters on Wednesdays and Thursdays, 11:00 am

Exercise Classes

Walking Club on Mondays, 10:00 am (Free)

Chairobics, Tuesday-Friday, 10:00 am (Free)

Tap Dance on Mondays, 11:00 am (\$ - Activity #133075)

Tai Chi on Tuesdays, 1:00 pm, Intro at 12:40 pm (Free—Activity 139374)

Zumba on Wednesdays, 11:00 am (Free - Activity # 139252)

Yoga on Fridays, 11:00 am (Free—Activity # 140873)

Where you see an activity number, sign up at activemontgomery.com
(Drop-ins still welcome)

Aging and Disability Services (240-777-3000)

Assistance available with Tracy Carter. Leave a message at 240-777-1060. This program can answer questions about senior health services, transportation, provide housing information, and offer consultations with a Senior Information Specialist about County and other resources.

Aging & Disability 1:1 Meetings with Tracy Carter will be available on Tues., Dec. 14, 11:30 am

Call Tracy to make an appointment.

Coping with Change, Thursdays at 11:00 am

with Yasaman Alavi. Free drop in support group focusing on both support and coping skills to handle the changes that seniors experience as they age. Sponsored by the Affiliated Sante Group. For questions, call 301-332-0462.

Inclement Weather Policy

During inclement weather, listen for school closings or delayed openings in Montgomery County.

When Montgomery County Public Schools are closed, we will be closed.

When Montgomery County Public Schools have a delayed opening, we will open at 11:00 am. All classes are canceled and there will be no bus service or lunch served. If you are unsure, call the center before coming in at 240-777-6995.

Free Bus Transportation

Free Bus Transportation is available for those who live within a 5-mile radius, mornings and afternoons, Monday-Friday. Reservations can be made in person at the center or by calling the front desk at 240-777-6995. The bus arrives at the Center at 9:00 am and departs at 2:15 pm.

Shopping Trips

Are you ready for the holiday? Bring your shopping list and join us!

Dollar Store: Tuesday, Dec. 7, 9:30 am

Mt. Airy Walmart/TJMaxx/Home Goods: Tues., Dec. 14, 9:30 am

Damascus Senior Center

December 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 Social Hour 10:00 Chairobics 11:00 Damascus Heritage Museum 11:00 Needlecraft 11:00 Zumba 12:00 Lunch 12:30 Mah Jong 1:00 Brain Games	2 9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Coping with Change 12:00 Lunch 1:00 Birthday Party 1:00 Tea Dance	3 9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 National Bartender Day
	6 9:00 Social Hour 10:00 Walking Club 11:00 Tap Dance (\$) 11:00 Movie Day 12:00 Lunch 12:30 Canasta 1:00 Movie Day (cont)	7 9:00 Social Hour 9:30 Dollar Tree 10:00 Chairobics 11:00 Bridge 12:00 Lunch 12:40 Tai Chi Intro 1:00 Tai Chi 1:00 Art & Music	8 9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Zumba 12:00 Lunch 12:30 Mah Jong 1:00 Time Travel Day	9 9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Coping w/ Change 12:00 Lunch 1:00 Tea Dance 1:00 Gingerbread House
13 9:00 Social Hour 10:00 Walking Club 11:00 Tap Dance (\$) 12:00 Lunch 12:30 Canasta 1:00 Trivia Day	14 9:00 Social Hour 9:30 Walmart 10:00 Chairobics 11:00 Bridge 11:30 Social Worker 12:00 Lunch 12:40 Tai Chi Intro 1:00 Tai Chi 1:00 Carnival Games	15 9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Zumba 12:00 Holiday Performance and Feast 12:30 Mah Jong	16 9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Coping w/ Change 12:00 Lunch 1:00 Tea Dance 1:00 Bingo	17 9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Gwen on Piano
20 9:00 Social Hour 10:00 Walking Club 11:00 Tap Dance (\$) 12:00 Lunch 12:30 Canasta 1:00 TED Talk Monday	21 9:00 Social Hour 10:00 Chairobics 11:00 Bridge 12:00 Lunch 12:40 Tai Chi Intro 1:00 Tai Chi 1:00 Holiday Sing-a-Long	22 9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Zumba 12:00 Lunch 12:30 Mah Jong 1:00 Chat with the Director	23 9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 12:00 Lunch 1:00 Tea Dance 1:00 Table Games	24 Closed for Christmas Eve 
27 9:00 Social Hour 10:00 Walking Club 11:00 Tap Dance (\$) 12:00 Lunch 12:30 Canasta	28 9:00 Social Hour 10:00 Chairobics 11:00 Bridge 12:00 Lunch	29 9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Zumba 12:00 Lunch 12:30 Mah Jong	30 9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 12:00 Lunch 1:00 Tea Dance	31 Closed for New Year's Eve 